

Prayers; (Deceased) friend University of Notre DameMarriage, 8 p.m., Law
of Joe Rigali (Alu)....Tonight Religious Bulletin Auditorium....At 5 p.m. Ben-
The Institute on Christian... October 19, 1949 ediction, main church!

Try This Experiment.

A student writes: Would you devote some space in one of your Bulletins to the explanation of the proper way to say the Rosary? How can a person focus his thoughts on one of the mysteries while at the same time running through ten Hail Mary's and keep thinking what these words mean?

Answer: There are several Rosary pamphlets at Dillon and Cavanaugh pamphlet racks which will help you much more than a few lines in the Religious Bulletin. However, try this experiment.

Go to your chapel and say your rosary. While mumbling to yourself the Pater's and Ave's deliberately think about the football game last Saturday against Tulane. Concentrate on the first quarter. In particular focus your attention on the four-touchdown parade. In your imagination recreate the entire setting--the balmy afternoon, 55,000 yelling fans, the 85-yard touchdown sprint, etc.

After finishing the last Gloria, pause a minute, go back over your recitation. While you were just saying the rosary you were having a first-class distraction. Your imagination had carried you out of the now into the yesterday. Yet somehow you managed to say the complete rosary. It wasn't difficult.

The Mystery.

Instead of the football game substitute a mystery of the rosary. For example, take the Third Sorrowful ^Mmystery--The Crowning with Thorns....After the vicious scourging Our Lord is seated in a basement room dimly lit with burning torches on what the Gospel calls a mock throne. A purple cloak hangs from His shoulders. His hands crossed in His lap hold between them a reed about four feet long. The uncovered arm is bleeding badly. His feet are bleeding, too, and a small pool of blood is spreading out under them. His face--bruised and marred. His eyes--bloodshot and weary-looking. Two boisterous soldiers grunt as they place on His head a crown of thorns. Watch Christ wince and squirm a little as these brutal men push down the thorns firmly.

The important thing is this--place yourself in the midst of this scene kneeling without support on the cold stone floor about ten feet away from the "throne." As you kneel say one Our Father, ten Hail Mary's and one Gloria.

You have had a distraction, but it really is not one. Or better still a legitimate distraction. You live in the mystery represented in your imagination. Act either as a participant or as a sympathetic spectator. If you participate--make yourself responsible by your own sins for the suffering Christ is going through. He is accepting His humiliations for you, because you in your pride have sinned by entertaining impure thoughts, envious thoughts, rash judgments, etc.

This meditative prayer-process takes practice to do it well. You have to sharpen the control over your imagination to keep it attentive and tied down. Relax this control, then it will skip and jump out of the chapel to another football game or what-not.

Concentration on problems, thoughtful reading, attention in class--these are study habits which discipline your mind, will and imagination. Study-life fosters prayer-life--and vice versa. Whether distractions hit you like a ton of bricks during study or prayer--they are still distractions. It's important to fight both. Train your mind even in little things to pay attention. You'll be able to study better and pray better. Thereby, you will honor God in both these important activities.

Prayers: (deceased) Dr. Gyan Ghand Sharma, '27; uncle of George Schmidt (Alu). Sp. Int. -- 5.